

August 2018

EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10am: Diabetes Support Group	2 1pm: Alzheimer's Support 1pm: SOS For The Caregiver (@Alzheimer Support Mtg)	3
6 10am: Caring Connection Support Group	7 1pm: Caregiver Time Out 1pm: Vision Loss Support Group	8 5pm: Free Smartphone Training	9 1pm: Stroke Support Group 1pm: Grief Support Group	10
13 6:30pm: MS Support Group	14 1pm: Caregiver Time Out 6pm: ANGELS Support Group	15 10:30am: Parkinson's Support Group	16 1pm: Alzheimer's Support	17 Tech 9-1-1 (Sign Up For Time Spot)
20	21 1pm: Caregiver Time Out	22 2pm: Documents To Have In Place For Stress Free Aging	23 10am: Piedmont Health SeniorCare Facility Tour	24 9am-12pm Health & Wellness Day
27	28 1pm: Caregiver Time Out 6pm: ANGELS Support Group	29	30	31 

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.